



CLARE COMMUNITY  
PRIMARY SCHOOL

Thursday, October 22nd

# Newsletter



CLARE COMMUNITY  
PRIMARY SCHOOL

## A Well-Earned Rest!

**Phew! The half-term holiday has seemed a long time coming this year. Children are flagging noticeably after a long and productive seven weeks, and I think we all are in some need of some extra sleep and recuperation.**

I am so proud of our school community for how they have risen to the challenge of re-assembling after such a major national crisis, and their continuing resilience and dedication in the face of additional pressures and constraints.

We have had a very happy half-term back at school overall- children are settled in their classes and have been inspired and enthused by their new topics. We have been entertained today by Oak class' African dance (complete with their authentic hand-made masks!) and I am looking forward to visiting Beech class later today as they visit their own island for a day of exploratory activities. Mrs McIvor has had to reassure them several times that they will

be returning home in time for tea! (see pics and film on our Facebook page)

### **Flu Immunisations Friday, 23rd October**

Acorn children and older siblings can be picked up from 12.50pm; Beech class from 1.10pm; Cedar class from 1.30pm; Elm class from 1.50pm; Hazel class from 2.10pm; Larch class from 2.30pm and Oak class from 2.50pm. We will open the gates so that parents can wait on the playground as usual. Please exit immediately- as you can see we have a tight schedule to get through!

### **Parents' Evenings**

A reminder that these are scheduled for the week after half-term. Please make sure that you have booked a time-slot for your telephone call.

### **Catkins Booking Forms**

Friday is the last day we can receive booking forms for our before and after school care. Please deliver or email to the office.

### **Lunches**

I am reluctant to take draconian measures concerning children's

packed lunches, however I am a bit concerned when I notice them containing packets of sweets and several sweet snacks.

Please remember that the effects of too much sugar at lunch do not help children to concentrate on learning in the afternoons, and can actually make them feel hungrier then when you pick them up. I have spoken to the children about having just one sweet 'treat' in their packed lunch which could be a cake, some biscuits, or a bar.

I would also like to remind you that fruit squash or juice is acceptable in the packed lunch, but water bottles should just contain water for the children to sip throughout the day. I will be monitoring this carefully.

Have a safe, enjoyable and relaxing break, and I look forward to seeing you all again on Monday, 2nd November.

**Rebecca Loader**  
**Headteacher**

## FUND-RAISING SUCCESS

Thanks to the generosity of our families, we have raised a combined total of approximately £400 for Macmillan, Cancer Research and World Mental Health



Day in the last few weeks. As you will all know, it is more important than ever that we support these organisations as they help to prop up areas which could be dramatically effected by the effects of the pandemic. A parent in Year 4 is currently collecting supplies for those who have been made homeless, and it would be lovely if we could all root around in our cupboards at half-term and see what we can find...

### Jimmy's Shelter

If you would like to make up a box to donate it would be very much appreciated. Good things to include are: Hat, gloves, socks, playing cards etc. Boxes will need to be in school by 26th November. Loose items are also very welcome.



## PE Kits and Property

It would be fair to say that Lost Property at the moment is looking like a small mountain. We have also had several whole pairs of shoes going missing, two odd shoes (very frustrating!) and lots and lots of ties.

Some of the missing property has been named, so ***I would urge you to rummage through those school bags and PE Kits at half-term and please return anything you cannot identify as your child's!***

### **YEAR 6 PARENTS- SECONDARY SCHOOL PLACES- URGENT REMINDER**

You should apply online at [www.suffolk.gov.uk/admissions](http://www.suffolk.gov.uk/admissions) and that your applications **must be submitted before midnight on Saturday 31 October 2020**. If for any reason parents/carers are unable to apply online, they should complete the paper application (CAF1) and send this to the Admissions Team so that we receive it by the closing date. They can do this preferably by emailing us their application form to [admissions@suffolk.gov.uk](mailto:admissions@suffolk.gov.uk) or by posting it to the Admissions Team, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX (we strongly suggest they get proof of postage if sending by post).

If you have already made an application, then there is nothing further you need to do.

If parents/carers have any queries regarding the admissions process they can contact a member of the Admissions Team on 0345 600 0981 or by emailing [admissions@suffolk.gov.uk](mailto:admissions@suffolk.gov.uk)

The event below looks like it would be brilliant for a lot of our children....



We would like to inform you of our next fantastic free **STEMtastic pop up** event that may be of interest to schools and children. This session will be run by Dr Hazel Harrison (Clinical Psychologist and presenter of the BBC Brain Lab) on Monday 23 November 2020 starting at 5pm. This session is suitable for children aged between 7 to 13.

## **Create your own Brain House with Dr Hazel Harrison**



Our brains are a bit like a great big box of Lego. As we grow and learn we start to connect up the Lego bricks and create structures that help us to make sense of the world around us and our thoughts and feelings.

In this hands-on session, Dr Hazel Harrison will help children to learn more about their amazing brains, using stories, metaphors and craft activities.

Children will start to uncover how their brains are built to protect them and what happens when our brain gets overwhelmed with powerful emotions like fear or anxiety. Children will have a chance to create their own "brain house" and start to explore their own thoughts and feelings. Dr Hazel will also share some top tips for keeping our minds healthy.

Handout and instructions will be sent prior to the session to ensure that children can gather their experimental equipment.

We would appreciate if you could pass this information onto any staff that may be interest in this event and if you are able sent out to parent/guardians.

For booking and more information, please visit our website: [stem.wsc.ac.uk/stemtastic/](http://stem.wsc.ac.uk/stemtastic/)

**Book Online**

All the very best wishes,

**Nadine and the STEMtastic Team**

STEMtastic Pop-up  
[stemtastic@wsc.ac.uk](mailto:stemtastic@wsc.ac.uk)  
West Suffolk College

## 2020-21 Key Dates

<b>AUTUMN TERM</b>	
Monday 26 <sup>th</sup> October 2020 – Friday 30 <sup>th</sup> October 2020	Half-term Holiday
Friday 20 <sup>th</sup> November 2020	PD Day (No children)
Friday 18 <sup>th</sup> December	Last Day of Term
Monday 21 <sup>st</sup> December – Friday 1 <sup>st</sup> January 2021	Christmas Holidays
<b>SPRING TERM</b>	
Monday 4 <sup>th</sup> January 2021	First Day of Term for children
Monday 15 <sup>th</sup> February- Friday 19 <sup>th</sup> February 2021	Half-term Holiday
Friday 26 <sup>th</sup> March 2021	Last Day of Term
Monday 29 <sup>th</sup> March 2021 – Friday 9 <sup>th</sup> April 2021	Easter Holidays
<b>SUMMER TERM</b>	
Monday 12 <sup>th</sup> April 2021	First Day of Term
Monday 31 <sup>st</sup> May – Friday 4 <sup>th</sup> June 2021	Half-term Holiday
Friday 16 <sup>th</sup> July 2021	Last Day of Term
Monday 19 <sup>th</sup> July 2021 – Friday 3 <sup>rd</sup> September 2021	Summer Holidays

### Key Dates for Autumn Term

This is a preliminary list of key dates for this term. It is subject to alteration occasionally, but we will try to give you as much advance warning as possible, should this happen.

Flu Immunisation	Friday 23 <sup>rd</sup> October
Dellar Sports Camp – HALF TERM	Monday 26 <sup>th</sup> October – Friday 30 <sup>th</sup> October
Parents Evening 15:30 – 17:30 (Via Phone)	Tuesday 3 <sup>rd</sup> November
Parents Evening 17:00 – 19:30 (Via Phone)	Thursday 5 <sup>th</sup> November
Children In need week	9 <sup>th</sup> – 15 <sup>th</sup> November
Children in need Day (info to follow)	Friday 13 <sup>th</sup> November
Prov. Den Building Day – (Info to follow)	Friday 27 <sup>th</sup> November
Prov. Pens Down Day	Friday 27 <sup>th</sup> November
Prov. EYFS Nativity Performance	Thursday 3 <sup>rd</sup> December
Prov. Christmas Dinner	Thursday 10 <sup>th</sup> December
Clare Community Carols time TBA	Monday 14 <sup>th</sup> December
Prov. Carol Service 13:15 – 14:15	Thursday 17 <sup>th</sup> December



As per our email regarding social media permissions, there is now a tick option on your parent-lite app. Please tick this if you wish your child to be on our facebook page or our website.



**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH




**Suffolk**  
County Council

**Do you live in Suffolk?**  
**FREE online courses for all residents!**

**Understanding Pregnancy, Labour, Birth and Your Baby**  
**Online** course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS professionals.

**Understanding Your Baby**  
**Online** course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

**Understanding Your Child (0-19 yrs)**  
Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

**Understanding your teenagers' brain (short course)**  
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

[solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)  
(+44) 0121 296 4448  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)    [www.inourplace.co.uk](http://www.inourplace.co.uk)





**Written by Psychologists, Psychotherapists, Health Visitors & NHS and Education professionals**  
**Award winning • Not for profit**

[@SolihullApproach](#)    [Solihull Approach](#)

Copy of Parents of ADHD/ASD children support group

### ADHD/ASD Support Group

Being a parent or carer is a challenge at the best of times, but can feel more lonely and isolating if your child has a special educational need. One of our parents would like to form a support group for families of ADHD/ASD children, and there is a link to a survey here that she has devised in order to ascertain the level of interest and support that families would welcome. Please support this very welcome venture.



**Copy of Parents of ADHD/ASD children support group**

Take this survey powered by [surveymonkey.com](https://www.surveymonkey.com). Create your own surveys for free.

- **Monday**  
Southern Style Quorn Burger  
Wedges  
Vanilla Slice
- **Tuesday**  
Roast Chicken  
Cauliflower / Broccoli Bake  
Lemon Drizzle
- **Wednesday**  
Sausages & Mash  
Veg Bean Burger  
Brownie
- **Thursday**  
Bonfire Lunch (see attached flyer)
- **Friday**  
Fish Fingers  
Veg Nuggets



**ēats.**

**Bonfire lunch**

Cheese & Tomato Catherine Wheel Pizza  
Or  
Banging Vegetarian Hot Dogs

With  
Crackling Potato Wedges  
Starburst Beans, Sizzling Sweetcorn

Followed By  
Shapping Iced Sponge Cake


Find a sticker with your Bonfire Night lunch and win a prize!

# Small changes, big differences.



## FREE Virtual Workshop - Triple P: Raising Confident, Competent Children. Tuesday 17<sup>th</sup> November 2020 10:30am – 12:00pm

*\*booking form only (see below how to register)*

- 
**Suffolk Parent Hub** invites parents, grandparents, caregivers to watch a free 90-minute

**LIVE virtual workshop:** Following on from the 'Positive Parenting' workshop offered on the 8<sup>th</sup> of September and 'Raising resilient children' workshop on the 5<sup>th</sup> of October. This workshop gives some ideas on how to help children learn important life skills like being polite and considerate, communicating well, thinking positively and having healthy self-esteem, being a good problem-solver, and becoming independent and able to do things for themselves. These can help them feel confident, thrive at school, and get along with others'

This event is accompanied by a power-point presentation, supported with short DVD clips and a factsheet (posted to you after the workshop). When we receive your \*booking form we will send an email invitation to access the workshop using Microsoft Teams, with full instructions of how to join by phone, tablet or computer. You will be able to see and hear the presenters, video material and other resources, but you will not have to switch on your video or microphone. You'll be able to submit questions too.

**All Triple P courses** demonstrate how to use the five key principles of Positive Parenting to encourage children to learn the skills they need, with support to encourage your child's mental and emotional wellbeing.

Your workshop facilitators: Maddie McHenry and Mary Firth

**\*How to book onto this event use the CODE TPLVW172020**

Go to our link: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>

Select: 'Complete referral for parenting course' – tab follow links

Click 1 Referral for parenting programmes 'code'

Next 2 Parent referral - In first section enter details of child (or children if more than one), and click 'Confirm'

Next 3 Privacy Notice please read then click 'YES' to continue

Next Register/log-in to track referral progress

Next Complete as requested

Next Where it says 'referrer' please insert parent details. Contact numbers and email address are needed to access workshop.

Next Complete requested details and finalise.

Facebook: <https://www.facebook.com/pages/category/Education/Suffolk-Parenting-Hub-105589491185801/>

Website: [www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub) or email us [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)





# Windy PUMPKINS

2020

New for 2020

**GIANT PUMPKINS  
& GOURDS**

**14 VARIETIES OF  
PUMPKIN & SQUASH**

**MAIZE MAZE**

**17-18 & 24-31  
OCTOBER** 10AM  
to 4PM

SINGLE ENTRY FEE FOR MAIZE MAZE  
**£2 PER CHILD, £1 PER ADULT**

*Pick your  
pumpkin!*

PUMPKINS RANGE  
FROM £2 - £10

**ADVANCE BOOKING ESSENTIAL**